



AIRSCOOP

104TH FIGHTER WING • MASSACHUSETTS AIR NATIONAL GUARD

Pride, Professionalism, Patriotism

Barnes Air National Guard Base

March 2013



Snow plows clear the runways at the 104th Fighter Wing and Barnes Airport, after storm "Nemo" dropped about two feet of snow on Saturday Feb. 9, 2013.

Photograph by Master Sgt. Mark Fortin



Col. James J. Keefe

AIRSCOOP

104th Fighter Wing Barnes Air National Guard Base

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Commander's Column

By Col. James J. Keefe, 104th FW Commander

BarneStormers;

As I write this article, we are a few days from understanding the full effects of sequestration—a consequence of the 2011 Budget Control Act, which will legally require across-the-board reductions on March 1, 2013...if a balanced deficit reduction plan is not finalized and approved by the President.

This latest hurdle is just one of the budgetary challenges we are facing. In addition to sequestration, the 104th Fighter Wing (and all of DoD) has been operating within a Continual Resolution (CR) frame work. In laymen's terms, this means we are working with 90% of 2012's budget, with no new appropriations for this fiscal year. This CR is driving us to continue to scale-back our operations, to include significantly decreasing our flying operations (by nearly 68% this month), and other resourcing, in order to not over-spend within the tight fiscal constraints.

The most important message I can relay is: The Wing is committed to utilizing the resources available, to both meet the mission of defending the Northeast as well as taking care of our people.

With the pending financial turmoil, it is so difficult to plan and program for the future. The real conundrum is, we have to continue moving forward while embracing the fact we may have to rapidly change directions. Without having all the details, we cannot lean too far forward, but at the same time, we cannot begin to set some of the plans in motion.

We have taken a calculated risk and moved our April Combined Unit Exercise; and have begun to prepare many of our units to move operations, in the event we receive funding for the runway and hangar projects.

But these changes to our strategic calendar cannot take away focus from our alert mission. The Aerospace Control Alert mission remains on the national security strategy as a NO-FAIL mission. This week we completed an Alert Force Operational Assessment, which again validated that we ARE prepared to defend a quarter of the nation's population—a mission we are achieving everyday—around the clock.

In closing, I want to take a moment to recognize a few of our leaders who will participate in the Change of Command ceremony this weekend. I applaud the work by Lt Col. Bigelow and Col.

Lambrich—masters at their craft and who have earned their new appointments. To the new commanders: We have great expectations for you, and anticipate you will continue to lead your organizations with the same commitment to excellence which has been part of our Barnes' legacy over the past 65 years.

During these fiscal challenges I cannot stress enough how important everyone's leadership is...remain flexible but dedicate to your people and the mission; we cannot fail to defend the homeland.

Table of Contents

2	Commander's column
3	Chief's column
3	First Sergeant column
4	Sequestration
4	New to Airman & Family Readiness
5	New DPH
5	Chaplain Corner
6	Girl Scout
6	Safety: How Goes-it
7	Read-a-long in Holyoke
7	Females in Combat
8	Alumni News
9	Family Support News
10	Unit Vacancies and Information
11	Upcoming Events
12	Upcoming Events
13	Promotions / Retirements / CCTV
14	This month in history

Alcoholism is treatable!
Need help? Call 1-800-410-2560
Sexual Assault S.A.F.E. helpline
1-877-995-5247



Chief Master Sergeant's Column

By Chief Master Sgt. Todd Fappiano, 104th FW Command Chief

Your professional development is important to your career and to the total force. Are you actively engaged in your development? If not, you will have to be. There are changes underway that will significantly change the way we do business in the guard and how you are developed.

The first change is in the way of education. The Air Force prides itself in being the most educated force, it has some of the most technically skilled jobs, it has the only DoD accredited university...and we want to continue that legacy.

Without any question, you are part of that legacy, but it will only continue if you take an active part in it. The Enlisted Field Advisory Council — the ANG's voice to the Director of the Air National Guard, has made it clear to the DANG that education is an important part of the enlisted force. In order to maintain the

educational strength of the force, a CCAF degree will now be required for you to achieve the higher tier enlisted grades. Let me head-off some questions...so you have a degree through a different university, will it count toward the requirement? Simply stated—Yes and no, you need to have a CCAF degree to earn the rank of Senior Master Sgt. The credits you have earned will go toward your CCAF degree, but you need to ensure your credits are applied to the CCAF program. I anticipate this will be in effect in Jan 2015, details will be released as they are available.

This requirement should not be viewed as a hurdle for promotion; it should be looked at as an opportunity for us to better ourselves. I feel so strongly about it that I am working to meet the requirement myself—not to be promoted, but to increase my development. It is a challenge to sit in a college class with my daughter (harder for her than me); but if I can do it anyone can.

The next change is with the enlisted performance report—mandatory for AGRs now; it will become mandatory for traditional enlisted members next year (required every 2-years). I promise this added work for our unit-supervisors will have a dramatic payback in the time invested.

For the first time in the ANG we will be able to compete with the active force, having a documented history of our achievements, and a better mechanism for receiving/giving feedback. You all do amazing work, and it is important that your efforts are captured in your historical file.

These are just two of the enlisted development initiatives that are being fielded... but the formal programs are only a piece of your development program—each member of the force should work toward personnel development. If you never pass up an opportunity to grow, we will continue to have the greatest enlisted force.



First Sergeant thoughts

By Master Sgt. Fred Fopiano, 104th MSG First Sgt.

Stress is how our body reacts to mental, physical or emotional demands put upon it. It causes our

bodies to release chemicals that help us deal with the burden. It can cause us to become very strong for a short period of time (adrenaline); we've all heard of the individual that lifted a car off of a trapped motorist.

Stress becomes harmful if not managed properly. There are two different causes for stress: internal and external.

External Stressors (stress imposed on us by others) is the biggest culprit, and often requires introspection to manage correctly.

For example, recently I was given a last minute task that would have required 25 hours of preparation; this caused a great deal of stress.

Could I have accomplished it? Sure, at a cost. I would have had to ignore my family, health and all of my other duties and responsibilities. What I would have lost versus what I would have gained was immeasurable and would have been

detrimental to my well-being.

When faced with external stresses you need to evaluate what you have control over. Ask yourself: Is the request appropriate or realistic? Can it be done safely? You need to keep your health and well-being in mind.

I am not saying to tell your boss you're not going to do a task because it's going to cause you stress. You need to know that there are appropriate times in your life and career that it's ok to say "No", or "I'm sorry, I have too much on my plate to address this appropriately."

Stress we create for ourselves (internal) is typically caused by attributing unrealistic expectations on ourselves; like choosing to accept an additional workload when you don't have the time to manage it correctly. As we all do from time-to-time, we say "Yes" when "No" is a more realistic response. We've all heard the sayings "do more with less" and "if you want something done, ask a busy person to do it," but those situations come at a cost.

There are several recommended options for dealing with stress. Exercise is

one of the greatest ways to purge some of the adrenaline created by stress from your body.

Quiet time or meditation can also be effective to alleviate stress. Quite often when I get home I want silence for 10 minutes just to decompress. There are days when I just walk into the house, say hello to my wife and daughter, and go sit in the bathroom (the only room where I can ensure I will be alone). I listen to some soothing music and relax. There is no need to hand my stress off to the rest of the family-- there-by causing them external stress.

You can take up a hobby; I'll fire up the Xbox and play a video game, or my wife has taken to knitting; most likely due to the stress I've caused her.

Finally, my favorite thing to decrease stress is cuddle-time with my wife and daughter. For those of you with children, nothing is more soothing and relaxing than having your child resting on your chest or by your side watching a Disney movie. You cannot help being happy, and isn't that our overall goal.

What is sequestration?

By Capt. Jennifer Piggott, 144th Public Affairs Officer

Sequestration has become a household term lately, but what does it really mean? By definition, sequestration is the action of taking legal possession of assets until a debt has been paid or other claims have been met, or the action of taking forcible possession of something; confiscation. Bottom-line, sequestration is a fiscal policy procedure adopted by Congress to deal with the federal budget deficit.

So what does this mean for the Air Force and the Air National Guard? On February 7, military officials said that sequestration would leave the Air Force with untrained people, a lack of equipment and be "devastating and dangerous" to the service.

Army Gen. Frank J. Grass, the Chief of the National Guard Bureau and a member of the Joint Chiefs of Staff, has called sequestration potentially "devastating" to the Defense Department and the National Guard.

"The greatest threat the National Guard faces today is continued uncertainty over the budget and the risk of even greater sequestration cuts," Grass said. "Sequestration would have a devastating impact on our readiness, modernization and workforce."

Sequestration, if it occurs, will cause a \$12.4 billion shortfall for fiscal year 2013 beginning March 1, and include a potential sequestration shortfall of \$1.8 billion in overseas contingency operations. This means cutting approximately eight percent from each defense budget category. The

impacts that will occur from sequestration put the military at risk because sequestration savings will come from equipment and modernization, maintenance and training, resulting in a hollowed force. These cuts are more substantial than they appear, in that they are being applied during a continuing resolution. DoD is currently funded at 90% of the 2012 budget, so, if we realize a 10% sequestration cut, it is compounded on the current 10% CRA cut.

"This initiative is politically driven and as public servants, our job is to support the constitution, so it is important not to speculate about sequestration," said Col. James Keefe, 104th Fighter Wing Commander. "We have been asked at the wing level to implement prudent measures that will help mitigate our budget risks, which we are doing across the board, but ask that all of you continue to be impeccable financial stewards with the limited budgets we are operating under."

Sequestration is alarming due to both the magnitude and the mechanism, because the law calls for across-the-board cuts; it will impact the entire Guard state. The Adjutant General

"This action will negatively impact our military, our mission, our readiness and most importantly, it will have a negative impact on all of our personnel in the Massachusetts National Guard," said Maj. Gen. Scott Rice, The Adjutant General, MA National Guard.

According to Acting Secretary of the Air Force Dr. Jamie Morin and Air Force Vice Chief of Staff General Larry Spencer, if sequestration does happen, the Air Force will have to take additional and likely irreversible actions. One such measure is to halt all but emergency facility repairs across the force.

But of major interest to the sequestration is the potential furlough of civilian employees. The Air Force currently has more than 180,000 civilian Airmen, with many locations where those civilian Airmen make up the majority, if not all of the workforce. A plan to implement potential unpaid furloughs for our civilian personnel if sequestration is triggered is strictly precautionary.

General Grass's sentiment toward the members of the Guard is echoed at every leadership level. "My highest priority is that we in the National Guard leadership do everything in our power to minimize the impact of this on our most important asset, our people," Grass said.

Regardless of what Congress does or does not do, members of the 104th Fighter Wing have an obligation to get the job done.

"Now is the time to be the very best at your job. Each and every Barnstormer is critical to our unit and our nation's defense," added Col. Keefe. "If sequestration occurs, we all need to be ready to stand together and maintain a ready force."

Meet Jen Cesaitis, new to Airmen and Family Readiness

By Maj. Matthew Mutti, 104th Fighter Wing, Executive Officer

You will begin seeing a new member of the Force Support Squadron at various events around the base, Mrs. Jennifer Cesaitis, the wing's new Airman and Family Readiness Program Manager.

Cesaitis joined the unit following 9 years working with the Army National Guard in Wellesley and Worcester; there she served as State Youth Program Coordinator, Family Assistance Center Specialist, and most recently the Marketing and Communications Coordinator.

Bringing with her **With the experiences** in the Army, she is excited to learn more about the Air Guard and the unique challenges our families face.

"I want to ensure that the units families know there are many support systems in place to help them deal with the stresses of military life," said Mrs. Cesaitis. "Being a military spouse, I understand many of the challenges our families face."

The Family Readiness Group will remain a vital part of her team, providing outreach and event coordination for the entire wing to enjoy.

She added that she was excited to partner with these dedicated volunteers, and urged, "If anyone is interested in joining the team, they should contact us at 104fwfrg@gmail.com."



104th welcomes Dan Cardinal as Psychological Health Counselor

By Staff Sgt. Matthew Benedetti, 104th Public Affairs Journalist

Dan Cardinal, MA, LMHC, has been appointed the 104th Fighter Wing Director of Psychological Health (WDPH).

A Holyoke native, Cardinal will support the readiness of the 104th Fighter Wing through the promotion of psychological health and resilience. Cardinal will assist Airmen and consult with commanders regarding the psychological health of their members and units.

He attended Holyoke High School and graduated from Assumption College with a degree in history. He attended American International College where he received his master's degree in Clinical Psychology. Cardinal also holds a certificate in Applied Behavioral Analysis from UMass-Boston.

Cardinal has been practicing for 15 years and has worked in a myriad of settings including; women's corrections, community mental health, long term care, private practice and residential schooling.

As a member of the psychological health team, he will support and provide consultation to resiliency efforts, suicide prevention, traumatic stress response, and refer the individual to other programs designed to support emotional wellness.

Serving at the 104th on a full time basis, Cardinal will be available to provide presentations to your unit on several topics relative to stress management, family communication, and conflict resolution. Confidentiality is always a priority.

Cardinal is familiar with the military culture due to his father having served in the Navy and he is excited about working in this capacity here at the 104th.

"My biggest challenge is convincing Airman to feel comfortable walking into my office. I want take away the stigma of talking to someone. Having people know who I am and my role at the Wing is important," he said.

"My door is always open and I encourage Airmen to stop in to say hello,"



he said.

Cardinal is located in Room 35 in the medical building & can be reached at ext. x1536 or dcardinal@optimization-inc.com.



Chaplain's Corner

By Pastor (Lt. Col.) Stephen Misarski, 104th Fighter Wing Chaplain

No matter who we are, if you are in relationships, you will have conflict. The closer those relationships are, the more hurt can occur in the midst of conflict. Words are exchanged, tones elevate and anger flares. Even if truth is expressed at those times, it is done in hurtful, inappropriate, unprofessional and other than helpful ways. It happens on the Base, in the home, around the neighborhood, in marriages, in families, with friends and even with strangers. Our words and actions can become WMD's. We could call them Words (and actions) Meant to Destroy. We may even regret them the moment after they come out of our mouth but they have been deployed and result in Mass Casualties.

My wife and I have been in a group with three other couples for five years and have had discussions that range from Biblical topics to marriage to science. The group decided to discuss the topic of *Resolving Everyday Conflict* by

an organization called Peacemaker Ministries. I was really not excited about the topic because I thought, "It does not apply to me. I don't have any unresolved conflicts." A week later, I had an epoch blow out with a family member. For the next six weeks, I became major test case for resolving conflict.

The truth is that all of us have, have been and will have relational conflicts. They may not be at the highest threat level but they affect the normal operations of life. How do we resolve them? Here are a few Rules of Engagement that I am learning:

1. Go To Higher Ground. Is the reaction bigger than the issue? Have I betrayed rather than portray my values in this conflict. Become the bigger person by seeking the best out of a lousy situation.
2. Check yourself. Where am I responsible for this mess? How have I contributed even passively? A great rule: "Even if you are only responsible for 2% of a conflict, you're 100% responsible for your 2%."

3. Own Up. Admit to that person where you were wrong without excuses and accepting the consequences. Commit to the appropriate course changes. Ask for forgiveness.

4. Address Slowly. You could just drive on but it is possible that the issue is still there. You need to find a way to address the problem humbly, gently, calmly and specifically. Don't jump the chain. Go personally and deal with it at the lowest level. If it doesn't work, get help. Find a trusted person that can help both parties hear each other's words.

5. Release the other person. Hit the reset button on the relationship. Forgive and don't bring it up again. This can be hard work that starts with our words and will without the feelings.

6. Keep Doing the Right Thing. We are not in total control of people no matter what rank we hold. We cannot make people change. But we can take command of ourselves and our responsibilities. We may have to leave others in God's hands.

Remember you can call us at x1057.

Western Mass Girl Scouts go nuts for the military

By Maj. Matthew Mutti, 104th Fighter Wing, Executive Officer

60 local Girl Scouts traveled to Barnes Air National Guard Base in Westfield to donate 1,908 cans of honey roasted peanuts to the local military members and the Pioneer Valley USO. During their visit the scouts toured the base and learned about military careers.

Pattie Hallberg, Central and Western Mass. Girl Scout CEO, accompanied the scouts on the tour, to support the scouts while they supported their local community. Approximately 6,000 scouts participated in the annual fall-fundraiser, she said. "The scouts sell nuts and candy to raise funds for their scout troops and also accept donations, which they, in turn, donate to the local military units." She stressed the importance of the community partnerships.

"Giving back (to the community) is very important for the girls...but equally important, is the opportunity to partner with the community to help the girls in their development. Coming to the base is a good example of how that partnership works. The girls get to see first-hand what opportunities they can

aspire to achieve...a girl can't be what a girl can't see," said Hallberg.

For the scouts, it's a way of giving



Photograph by Senior Master Sgt. Robert J. Sabonis

back. "The customers can elect to donate a can of nuts to the military during the fall fundraiser," said Julia Gauvin (10) of Granby Mass. She added, this year the Scouts were able to donate those nuts to the military members here, and in Worcester, to the Blue Star Mothers organization.

Members from the Pioneer Valley USO also received a portion of the donation, in order to support the local

reservists whom are both state-side and deploying overseas. Mr. Bruce Marshal, the vice president of the

Pioneer Valley USO, addressed the scouts and shared his appreciation. Through their donation, he stated, the USO can provide better outreach and care to our service members.

Audrey O'Connor, a 10 year old scout from Granby, very articulately shared her thoughts with the members of Barnes as she learned about the mission here, "It feels good to share with those in uniform, and it helps us tell them they are appreciated."

The members of the 104th Fighter Wing are proud to be strong community partners, and

participating in this program is just one of the ways we give back. "I enjoy each opportunity we have to showcase our unit and to give back," said Capt. Neal Byrne of Westfield, who conducted the tour. "In a few hours, we hopefully influenced these girls to see that their potential is limitless, and they can achieve anything they set their minds to."



Safety: How goes it?

By Senior Master Sgt. Thomas Dumais, 104th FW Safety

We've experienced 2 injuries since the last How-Goes-It:

1. Worker experienced chest pains; worker returned to work
2. Worker impact head on aircraft; concussion; lost time

We've experienced 4 mishaps:

1. GMV Plow impacted an air conditioner; AC destroyed; \$3,011
2. GMV Snow broom impact PMV; damaged PMV; \$4,545
3. GMV Plow impact GMV aircraft deicer; broke boom gear box; \$12K+
4. GMV fuel truck impact snow bank; bent bumper; \$222

We have had our problems with snow removal; to the tune of almost

\$20,000 in damage. As a result, we have learned several things since the mishaps by completing investigations.

In the first accident, (air conditioner vs. plow) we learned that the protective bollards that surround the AC unit, are not located appropriately to protect the unit from certain angles.

In the accident with the personal vehicle, we learned we need to ensure the equipment is not operated in confined areas. In addition, personnel need to park in designated locations.

My point is, we investigate each mishap to help determine the "why did it happen" so we avoid the same mistakes by taking protective actions.

We will now install better-placed protective bollards. We will also better educate people on where to plow and

where to park.

The other accidents, once investigated, pointed us to changing the way we operate our equipment.

So there it is; \$20K in damage and a lot of lessons learned.

What can each one of us learn from these examples? You can learn how to better practice **risk management**.

You need to identify the risk or hazard and then attempt to manage it. If you don't identify the risk, we are bound to make more mistakes, and have more costly accidents.

Where ever you are, whatever you are doing, there is risk and a hazard. What we've seen time and time again: How you handle the risk and hazard will ultimately determine the outcome.

104th FW volunteers read to local elementary school

By Senior Master Sgt. Robert Sabonis, 104th Public Affairs Office

Ten 104th Fighter Wing unit members volunteered to read to the students of the Maurice A. Donahue Elementary School in Holyoke on Valentine's Day. Volunteers included: Senior Airman Justin Bonner, Senior Master Sgt. William Butman,



Photo by Senior Master Sgt. Robert Sabonis

Master Sgt. Terry Crowther, Staff Sgt. Charlie Diaz, Staff Sgt. Miguel Gonazlez, Master Sgt. Nina Gutierrez, Master Sgt. Yasser Menwer, Airman 1st Class Ryann Parker, Chief Master Sgt. Albert Reale, and Staff Sgt. Gary Teele.



Photo by Master Sgt. Mark Fortin

The volunteers were greeted with a warm welcome when they arrived at the school at 9:30 a.m. After creating teams of two, the volunteers were assigned a few children's books each, and were escorted to different classrooms.

The students of each class were excited to see military members enter their classrooms, and they gathered around to listen to the stories.

Everyone enjoyed the interaction of that day. "It was fun seeing the kids eyes light up when we entered the classrooms

and read to them", says Master Sgt. Nina Gutierrez of the 104th Medical Group. "The kids were so attentive, polite, and happy, and I could tell they enjoyed having us there," she went on to say.



Photo by Senior Master Sgt. Robert Sabonis

This is the third year of the annual event for the Donahue School. They also ask local companies, fire and police, authors, magicians, and media personalities to attend and read to the children. This year's event was a great success and our members look forward to reading again next year.

Women in combat

By Maj. Mary Harrington, 104th FW Public Affairs Officer

On January 24, 2013, Defense Secretary Leon Panetta and Chairman of the Joint Chiefs of Staff, Gen. Martin Dempsey, announced that women will soon be allowed to serve in combat positions — positions which were previously only open to men.

This change intends to provide a greater pool of qualified Airmen and will help to reduce the deployment operational temp.

The secretary's direction is for scientific-based, gender-neutral standards to be in place by January 1, 2016.

The change will have much bigger impact on the Army and Marines as 99% of Air Force positions are already open to women. Since 1993, all combat aircraft positions have

been open to women. Only 1% of Air Force positions are closed to women; they involve both direct ground combat below the bridge-level, and they engage in long-range special recon or special operations.

The 1% of AFSC's that will be effected include combat control officer/combat rescue/special tactics officer; special operations weather officer; enlisted combat controller; enlisted tactical air command and control; enlisted pararescue; and enlisted special operations weather.

The physical and mental standards required for any of these combat positions will not change.

According to Air Force Times, the women in combat change will also probably impact the law that currently requires only men from

ages 18 to 25 to register to the draft. Although, remember, the United States has not had to install a draft for over 40 years.

Women have served in the military for thousands years, in a variety of positions. There are stories of cross-dressing, dating back to the Civil War, by women who were determined to serve in combat.

"Women have shown great courage and sacrifice on and off the battlefield, contributed in unprecedented ways to the military's mission and proven their ability to serve in an expanding number of roles," Panetta said. "The Department's goal in rescinding the rule is to ensure that the mission is met with the best-qualified and most capable people, regardless of gender."

For Your Information

104th Alumni Meeting Information

2013 Reunion/Alumni Meeting dates : March 20 May 15 July 17 September 18, November 13

March Meeting information:

When: March 20, 2013

Location: Pioneer Valley Club, Barnes Air National Guard Base

Menu: New England Boiled Dinner—Corned Beef and cabbage with potatoes, carrots, rolls and desert

Time: 6:00 p.m.

Cost : \$14.00



Registration information: Send your \$14.00 reservation check to Len Frigon, 778 West Street, Ludlow, Ma. 01056 to make your dinner reservation and to be included on the list at the gate.

Checks must be made payable to the 104th Mass ANG Alumni Association. Please include the names of all guests in the memo section of your check. Please do not make checks payable to Len.

Checks MUST BE RECEIVED by 5:PM MONDAY 18 MARCH 2013--NO EXCEPTIONS. Cancellations received by the cut-off date and time reflected above will receive a full refund. Escorted guests are welcome.

The dental insurance changes and how it might affect you

MetLife Takes Over TRICARE Dental

MetLife has taken over managing the TRICARE Dental Program and begin providing dental coverage for more than 2 million active duty family members, Selected and Individual Ready Reservists and their families on May 1, 2012. All TDP enrollees will receive welcome packages and new enrollment cards.

If you are currently enrolled in TRICARE Dental, you will probably not have to do any paperwork or take any action during the transition. Unless you're using automatic payments from a checking account or credit card to pay your monthly premium, in which case you have to contact MetLife to reauthorize your automatic payment. Also if you recently deployed during May 2012, you were

dropped and need to re-enroll with MetLife. For more information or to enroll in the TDP go to www.TRICARE.mil/TDP..

As always, please review you LES to ensure all deductions are being withheld accordingly IAW your dental elections.

If you encounter an issue with your METLIFE Dental election (Improper deduction from you LES, no deduction from you LES, etc.) please call METLIFE customer service directly, as they will be able to answer any questions you (1-855-638-8371) may have.

Dental Readiness Requirement

All National Guard and Reserve members must complete an annual dental examination to determine dental readiness. The [Department of](#)

[Defense Active Duty/Reserve Forces Dental Examination Form \(DD Form 2813\)](#) is used to assist National Guard and Reserve members in documenting dental health.

If enrolled in the [TRICARE Dental Program](#), MetLife participating dentists will complete the DD Form 2813 at no additional cost to you. You are responsible for scheduling the examination, providing the form to the dentist, and reporting the results to your service branch.

Please contact your service branch representative to determine your service-specific requirements for this document before scheduling your annual dental exam.

For Your Information

2013 FREE TAX ASSISTANCE

What: Free Tax assistance to Military Members
Where: Cape Cod, Chicopee, Devens, Milford, Reading, Wellesley, Worcester
When: Make an Appointment today online!
How: <http://massguard.org/appointments>

FAMILY READINESS GROUP EASTER EGG HUNT

What: Easter Party
Where: NCO Club
When : March 24 at 1300—1600



For more details, and to **RSVP** email the Family Readiness Group at 104fwfrg@gmail.com

OPERATION MILITARY KID CLUB SPONSORED APRIL VACATION HORSE CAMP



What: Horse Camp for children
Where: Camp Marshall
When : April 15—19th
Cost: Free for Military children age 7 & up
How to register and for more details:

Contact Kim Pond, OMK Coordinator by email at Kima@umext.umass.edu or call 508-831-1223 x245

OPERATION PURPLE CAMP REGISTRATION OPEN

National Military Family Association offers unique and memorable camp experiences to military kids of all branches and components, including Guard and Reserve families.



Apply today or learn more about the Operation Purple Camp locations!

<http://www.militaryfamily.org/our-programs/operation-purple/traditional-camps/>

ARMED SERVICE YMCA ESSAY CONTEST

What: Essay Contest // Win an IPAD
Deadline: March 5th
Age Groups: Grade 1-8 and 9-12
Theme: My Military Hero / 300-500 words



For more details & to enter: www.asymca.org

FREE FAMILY DAY AT ECOTARIUM IN WORCESTER

When: Saturday, 16 March from 11:00 am - 5:00 pm
 Spend some time exploring the Ecotarium (<http://www.ecotarium.org>) in Worcester with your children free of charge! The Ecotarium is a unique indoor-outdoor museum in Worcester, MA with many hands-on family-friendly exhibits.

Supported by Operation Military Kids (www.operationmilitarykids.org), this event is to honor military children who sacrifice so much when their parent is deployed. Registration 11am-2pm so bring a lunch and spend the day

Registration is required and is open to IMMEDIATE family members of service members only. The service member does not have to be present. However, all children must be accompanied by an adult.

Sign up today to receive the Barnes Family Flyer, a weekly email with information on benefits, entitlements and opportunities for our Barnes Family Community! Call or email Jennifer Cesaitis today at Jennifer.cesaitis@ang.af.mil or 413-568-9151 x 698 1183

CLUB COINS ARE IN



The 2013 Pioneer Valley Membership Coins are available now. Join the club for \$10 and receive a limited edition F-94 Starfire coin.

Contact any member of the club council or stop by the club this drill to get your coin.

FREE MAGIC SHOW—TOMMY JAMES

Thanks to Yanks annual tribute to Military Families
When: Sunday, 17 March at 2:00 pm - 3:00 pm
Where: Stayc Middle School, 66 School Street, Milford, MA

Tickets are free but seating is limited and must be reserved by noon on March 15, 2013. To reserve your free tickets, email mshain@charlesriverbank.com. You can call Michael Shain at 508-330-8487 with any questions.



For Your Information

BASE HONOR GUARD LOOKING FOR NEW MEMBERS

- Be part of the tradition of excellence
- Represent the ANG & AF at military burials
- Display the flag at military & sporting events
- All ranks/specialties can apply

Contact Senior Airman Colon at 698-1311
or email the honor guard at :

104FW.HonorGuard@ang.af.mil



UPCOMING ASVAB & AFOQT DATES

Air Force Classification Test (ASVAB) FY13

Listed are the dates when the AFCT will be offered

March 22, 2013 at 0900, bldg 1

May 24, 2013 at 0900, bldg 1

August 23, 2013 at 0900, bldg 1

Air Force Officer Qualification Test FY13

Listed are the dates when the AFOQT will be offered

February 15, 2013 at 0900, bldg 1

May 10, 2013 at 0900, bldg 1

August 16, 2013 at 0900, bldg 1

104TH MEDICAL GROUP—HEALTH PROMOTIONS

Health Promotions- The 104th Medical Group is now offering a health promotion class on Sunday of the UTA. 104th Medical Group will be starting Health Promotion classes for all Wing members to attend. No appointment necessary, just walk-in and join the group. The class will meet on Sunday morning from 1000- 1100 at the 104th Medical Group - back training lab (RM18).

Health Promotion Calendar

March - Taking care: cold and flu prevention

April - no class d/t ORI/ORE

May- summer safety

June - no class / Ore / ORI

JULY- no class

Aug - Balancing Calories

Sep - no class

OCT- no class ORI

NOV- dental health

DEC -Healthy Holiday eating

CE First Sgt. vacancy

Position Title/Grade: First Sergeant / E-7

Eligible applicants: Must be an E-7 or an E-6 who is immediately promotable to E-7. Position is a MINIMUM three year tour with a maximum of 6 years. Members must carefully review ANGI 36-2113 to ensure they meet minimum standards and qualifications for position requirements and responsibilities before applying. Applicants must possess excellent communication and administrative skills, exceed fitness standards and exemplify Air Force Core values. Applicant must receive concurrence from current commander for consideration.

Applicant selected for this position must agree to serve tenure of no less than 3 years from date of graduating from First Sergeant Academy (FSA). If the member was a prior First Sergeant, the tenure starts the day of assignment. Applicant must have 3 years retain-ability prior to being placed in the UMD 8F000 position. Applicant must agree to complete the SNCO Academy Course in residence or by correspondence within 1 year from date of assignment. If a First Sergeant does not complete the SNCO Academy within 1 year from date of assignment, he/she must be removed from the position.

Training: Applicants (if selected) should be able to attend the First Sergeant Academy at Gunter Annex, AL at the earliest available school date and must complete the SNCOA in residence or by correspondence within 12 months of selection.

Application package must include:

1. Cover sheet
2. Letter of application (Describe what you can bring to the position)
3. Resume
4. Current passing fitness assessment
5. RIP (record of individual personnel)
6. Commander concurrence (letter or copy of email to 104FW/CCC)
7. Letter of recommendation (optional)

Any package that is late or incomplete WILL NOT BE CONSIDERED.

Supervisor: 104th Civil Engineer Commander, Lt Col Denise Boyer

Submit Applications via electronic format (word, pdf, etc) via email to: Maj. Dave Mendoza, david.mendoza@ang.af.mil 104FW/DP, NLT 10 Feb 2013

Board date: April UTA, schedule TBD

For more information contact: CMSgt Todd Fappiano at todd.fappiano@ang.af.mil or 413-568-9151 x1344

For Your Information

FEAWM Scholarship

The Federal Employee Education and Assistance Fund (FEAA) today announced that the 2013 application period is now open through March 27, 2013.

FEAA sponsors the only merit-based scholarship competition program open exclusively to federal employees, their spouses, and their children--rewarding hard workers through our merit-based program.

Awards: More than 400 students from across 27 regions will win scholarships ranging from \$500 to \$2,500. From this pool of 400, the top students in each region have the chance to win two additional awards:

Six students will win an additional \$5,000 through the FEAA-NTEU Scholarship. Read more <<http://www.feea.org/programs/scholarships/feea-nteu>>

Additional money is awarded through the Cooke Memorial Scholarship. Read more <<http://www.feea.org/programs/scholarships/doc-cooke-scholarship>>

Who is Eligible?

- Current civilian federal and postal employees with at least three years of federal service, their children and spouses
- Dependent applicants may first apply as high school seniors
- Dependents must be full-time students; employees may be part-time
- Enrolled (or plan to enroll) in an accredited post-secondary school
- Course of study that leads to a two-year, four-year or graduate degree
- 3.0 grade point average on a 4.0 scale

CHECK IT OUT AT:

<http://www.feea.org/programs/scholarships/497-2013-14apps>

Healthy Life Tip

Food Journals Really Do Work!

Keeping a daily food journal could be your secret weapon to losing weight and keeping it off. A recent study found that the single best indicator for dropping pounds is to keep a food journal. The results showed that most participants who exercised and followed a low-fat diet rich in fruits and vegetables dropped nine pounds or more of body weight, but those who kept a daily food journal lost up to 20 pounds! The trick is keeping your journal with you at all times and recording EVERYTHING you eat or drink, just be honest with yourself.



Honor and support wounded American service members returning from conflict during the Ice Stars for Wounded Warriors; April 26 and 27th at the Mullen Center at UMASS-Amherst.

Join fellow Wounded Warrior supporters for a parade at 3:30 on the 27th, and Figure Skating Exhibition at 7:00 p.m. For more information visit <http://icestarsforwoundedwarriors.weebly.com>

Strong Bonds military FAMILY weekend retreat



All families are invited to participate in a Strong Bonds military family retreat weekend. Following the model of the successful Strong Bonds marriage retreats, the 104th Fighter Wing Chaplains office will offer a new curriculum for families—strengthening military families through fun and communication.

When: 22—24 March 2013

Where: Sturbridge Mass. (projected)

Who: 15 slots for 104FW families (all ages invited)

RSVP : Contact the Wing Chaplain at 413-568-9151 x 6981311 or stephen.misarski@ang.af.mil

What you can expect: A dynamic set of presentations, activities and opportunities for families to grow as a team. Individual classes will be offered for children over 8, but all are welcome to attend.

For Your Information

**The 104th Fighter Wing Proudly
Presents**

[CLICK HERE FOR THE E-INVITE](#)

The 39th Annual Awards Banquet

**The Sheraton Springfield
Saturday
April Sixth**

Two Thousand and Thirteen

Cocktail Hour Begins at 1730

**Dinner,
Awards Presentations,
And dancing
Will follow**

**Tickets: Airman-Master Sgt \$35.00
Senior Master Sgt- Chief \$50.00
All Officers \$50.00**

**Join us as we celebrate
Another year of
EXCELLENCE**



Dining for a cause

The Ninety Nine Restaurants
invites you to a fundraiser
to benefit the
Pioneer Valley USO.

**Date: Wed, March 27, 2013
Time: 5:00pm—8:00pm
Location: Ninety Nine Restaurants
55 Memorial Drive, Chicopee, MA 01020**



3rd Annual Gala for the USO

The 3rd Annual Gala to benefit the Pioneer Valley USO programs
Cost: \$50 a ticket
Location: Log Cabin restaurant and banquet hall, Holyoke, MA 01040
Date: Saturday, April 6, 2013 at 6:00pm

Dinner will be in the Grand Edna Williams room.
A seated dinner with keynote speaker and dancing.
Two dinner choices: surf and turf or vegetarian entrée

Please call the USO office for more details at 413-557-3290
Reserve your tickets today!!
Limited seating.



Visit <http://www.pioneervalleyuso.org> for more information

Religions notes:

General Christian Service: Saturday of the UTA, at 4:00 p.m., in the Base Chapel / building 12, Chaplain Stephen Misarski presiding.



Orthodox Catholic Mass: Sunday of the UTA at 3:30 p.m., in the Base Chapel of Bldg. 12. Fr. Devoie presiding.

Congratulations on your Retirements

Paul Barrows	LRS	6 Mar 2013
Neil Dargis	FSS	24 Apr 2013
Turner Fawkes	AMXS	7 May 2013
Richard Cote	CF	11 May 2013
Anita Compagnone	MDG	1 Jun 2013
Robert Stokes	AMXS	5 Jun 2013
Robert Cross	MDG	10 Jun 2013
David Cooper	OSF	30 Jun 2013

CCTV broadcast line up

Channel 7 - Training videos & Base Info

Channel 9 - Warrior Network

Channel 10 - Pentagon Channel - inop



Ancillary training schedule - channel 7

Morning Training Video

0900-0940	Forklift Fundamentals and Ops
0940-1013	Confined Space Awareness
1013-1023	Basic Ladder Safety
1023-1053	Lockout/Tagout
1053-1101	FOD Prevention
1101-1108	Copyright Infringement

Afternoon Training Video

1300-1340	Forklift Fundamentals and Ops
1340-1413	Confined Space Awareness
1413-1423	Basic Ladder Safety
1423-1453	Lockout/Tagout
1453-1501	FOD Prevention
1501-1508	Copyright Infringement

Congratulations on your Promotions

To Senior Airman. (E-4)

David Wood



To Staff Sgt. (E-5)

Jenna Oleksak



To Tech. Sgt. (E-6)

Jeffrey Eddy

Ryan Joyce



To Master Sgt. (E-7)

Adam Casineau



To Senior Master Sgt. (E-8)

Christopher Auclair



Welcome to new member

Ronald Kenniston	AMXS
David Sutherland	OSF
Jaymie White	SFS
Cynthia Wilson	MXS



This Month in History

March 4, 1915 - Congress budgeted \$300,000 for Army aviation in Fiscal 1916.

March 30, 1931 - At Scott Field, Ill, an airplane transferred mail in flight to an airship.

March 7, 1942 - The first class of Tuskegee Airmen graduate from U.S. Army Air Force Tuskegee Army Air Field, Ala.

March 1, 1946 - Gen. Carl Spaatz designated Commander, Army Air Forces.

March 2, 1949 - Lucky Lady II lands at Carswell Air Force Base, Texas. The B-50 Superfortress completes the first nonstop, around-the-world flight in history, covering 23,452 miles in 94 hours and 1 minute.

March 20, 1959 - The site in Cheyenne Mountain, Colo., was approved as the location for NORAD.

March 2, 1965 - Operation Rolling Thunder begins over North Vietnam.

March 1, 1973 - McDonnell-Douglas received production approval for the first 30 operational F-15s.

March 11, 1986 - An Air Force Program Management Directive sought a night and under-the-weather surface attack capability for the F-15.

March 2, 1987 - The first F-15E arrived at Edwards AFB, Calif., for flight testing.

March 19, 1992 - Two F-15s intercepted two Russian TU-95 Bear bombers near the Alaskan coast, the first such interception since the breakup of the Soviet Union.

March 26, 1999 - An F-15 shot down two MiG-29s in aerial combat over Yugoslavia on the third day of Operation Allied Force.

MASSACHUSETTS AIR NATIONAL GUARD

Barnes Air National Guard Base
175 Falcon Drive
Westfield, MA 01085

www.104fw.ang.af.mil

Social Media Sites:

www.facebook.com/barnesang
www.twitter.com/104fighterwing
www.flickr.com/photos/barnesangb



Bureau: Bases Must Demote All Overage Chief Masters

The Air National Guard has decided to solve its 250-man overage at the E-9 level by surgery, with all chief master sergeants who are not in positions calling for that grade to be demoted on April 1. On the same date, promotions to E-8 will join those to E-9 on the freeze list. The Bureau has been trying other methods to reduce the E-9 grade overage problem, including the promotion freeze since August, 1973 in the hopes that normal attrition would reduce the number of top graders. The effect of these gender solutions has not been anywhere near expectations, according to the Bureau. The corrective program will consist of several steps, outlined by Maj. Gen. John Peach, director of the ANG. First is the demotion of all E-9s surplus to their UDE positions to the grade of E-8, regardless of the vacancy that each occupies. Second step is the freezing of promotions to E-8 from April 1 to September 1, a move considered necessary because the E-9 demotions to E-8 will cause overage in the latter grade.

The Bureau will then track the demotion and retirement picture from now to the start of May, when it will start to issue E-9 promotion quotas to the states for further allocation to the states and other units. The first of these will be in May with a June 1 effective date, repeating in July for August 1 dates.

It is planned to remove the promotion freeze from both top grades on September 1, provided the Bureau finds that the proper balance has been restored and that "promotions to E-9 have been made only to authorized UDE vacancies". Peach described the new program as "onerous" but noted that it was even less palatable to leave the overage situation as it was. "Depending on equal or larger number of other guardsmen of proper recognition and compensation".

The higher grade overages were largely caused by unit reorganizations and changes of mission and their accompanying changes in skill level, career field, and grade requirements.

Gotta Watch Those Oranges

Orange military forces are adding to the world tension they have been creating by backing insurgent groups sabotaging petroleum handling facilities in several oil-producing countries. There is always a make-believe mission on which the activity is based and this one is that on which "Jack Frost '76" the exercise in which the 104th is taking part in Alaska, is based.

Enemy forces are expected to create an energy crisis in the U.S. by hitting the Alaska pipeline by sabotage. The pipeline theoretically provides forty percent of the American oil needs. Alaskan shipping terminals for oil supplies are also on the theoretical saboteurs' target list.

Much attention will be paid to how well the line can be protected by military forces from sabotage, since experts feel it would be severely vulnerable to this type of activity when completed. A 4-hour military guard at strategic points is expected to reduce its vulnerability. This operation leads up to an actual simulated attack on the line. Orange fighters from the 104th Group to test the reaction ability of the defending air and ground forces. Separate "Commands" are maintained for both attacking and defending forces to make the situation as realistic as possible.

Fiscal '77 Budget May Hurt ANG

The Fiscal Year 1977 budget for the Department of Defense will come down hard on the Air National Guard and the other reserve components if the requested cuts are in the plan and become part of the final product. Most controversial is the proposal to cut the authorization for technicians to attend with training assemblies from 60 to 24 per year.

Another proposal would reduce the amount that technicians receive for field training from the present full-pay figure to merely the difference between their civilian and military pay for the two week period. Neither of these cuts would apparently affect other government workers whose civilian employment is completely parallel to that of the technicians. The request would further reduce the number of Guard and Reserve members authorized as well as the number of paid drill spots. Technician authorizations are based on these, so would also be affected by the reductions.

Pay raises would also be further limited by a ceiling, probably the five percent figure imposed last year by President Ford. Also, a change in the way of figuring raises was proposed so that more would go into quarters allowances and less into the basic pay itself, reducing its value to the reserve components and cutting down on retirement calculations, both reserve and active.

Other requests in the budget would affect the regular components alike, but by comparison, they would suffer far less than their Guard and Reserve counterparts.

Getting Winterized



MSGT. Donald DeForest issues a fur-lined hat and face mask to TSgt. Tom Lawson as part of the 16-hour arctic clothing issue in preparation for Exercise Jack Frost '76. MSGT. Rodney Reinhold is next for his.



Arctic clothing is lined up on the table in EMO in preparation for heading to the 50-man arctic force now operating out of Elmendorf AFB, Alaska.

Planes Arrive Safely in Alaska After Day's Delay for Ice Fog

Volume 27, Number 5

January, 1976

After a 24-hour delay due to ice fog conditions in the Anchorage area, eight F-100 fighters left here Tuesday, January 13, to participate, along with the United States Readiness Command, in a training exercise readiness exercise labeled "Jack Frost '76" in central Alaska. The Super Sabres left Barnes in two cells of five aircraft Tuesday morning. One aircraft in each cell returned here after the first in-flight refueling. The two were spare aircraft, furnished on the first leg in case of an abort.



1776-1976

The 104th's and officer's assistance fund contributed \$85 to the Westfield Chamber of Commerce for the "Toys for Tots" fund to help underprivileged children in Westfield.

Two C-141 Starliners left shortly after the F-100s with the main body of support personnel and cargo. An advance party of 36 personnel left Saturday, Jan. 10, to prepare for receipt of the aircraft. The task force from here is based for the two-week period from January 12 to 25 at Elmendorf AFB in Anchorage. The 104th is part of a contingent of 14,000 military people from the Army, Air Force, Air Guard, and Canadian Forces participating in the Arctic exercise. The purpose of the exercise is to train a joint task force under extreme climatic conditions of the Arctic, to defend the main base complexes of Alaska, the Trans-Alaska Pipeline, and to repel or destroy any invading force. The mission of the 104th is to provide the opposition air force with eight F-100 fighter aircraft in conjunction with elements of the 31st Composite Wing, Elmendorf AFB, flying 15 T-33's.

An average of ten sorties a day are scheduled beginning on Jan. 16th, with the final mission due for completion on the 24th. Actual daylight only lasts about 5 hours, however, but twilight in long and operations can continue almost as long as here at Barnes during this time of year.

A final briefing was held here Saturday, Jan. 3. During this briefing orders were handed out and cold weather gear was issued. The 16-piece weather gear is.

Continued on Page Three

104th Tactical Fighter Group
Barnes Air Force Base
Westfield, Mass. 01085

POSTAGE AND FEE PAID
DEPT OF THE AIR FORCE
000-010

UTA Schedule	
January 17-18 (24-35)	
February 20-22 (7-8)	
March 20-21	
April 24-25 (10-11)	
May 15-16 (22-23)	
June 15-16	
Dates in () are split UTAs.	

New E-4s To Be 'Senior Airmen' After March 1

Anyone promoted to the grade of E-4 on or after March 1 will no longer become sergeants right away. From that date on, all new E-4s will be "senior airmen" and will wear a stripe which will be in light blue thread instead of silver, but otherwise the same as the present insignia.

Senior airmen could become NCOs however, after completing one year in the E-4 grade and three years in service, provided they complete the required course in management and leadership education and are recommended by their unit commander. The 15-hour course will be in a classroom atmosphere on active Air Force bases, but a correspondence course version is planned primarily for use by the Air Guard.

When the E-4 becomes an NCO, he then puts on the present version of the E-4 stripes and assumes the title of "sergeant". Formal ceremonies and special privileges will mark the transition from airman to Noncom status.

The insignia for E-2 and E-3 will undergo a similar color change to the light blue version, making all the airman grades distinct from the NCOs by color coding.

Present E-4s will retain the present insignia and title. This new program is described as "almost but not quite official".



PRIDE,
PROFESSIONALISM,
PATRIOTISM

We're on the Web

WWW.104FW.ANG.AF.MIL

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